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COUNTY EXECUTIVE

wellness

YOU'RE WELL-BEING MATTERS EVERY DAY.

focus
E-NEWSLETTER | SUMMER 2026

NUTRITION AT ITS FINEST

We had a full house for April's "**Nutritional Cooking with Chelsey**" class during lunchtime at the Russell M. Pry Building. The live demonstration of an anti-inflammatory dish was a hit, so much so that several employees made the Quinoa recipe the very next day.

Dietitian Chelsey Jackson of Cleveland Clinic Akron General spent the hour walking participants through each ingredient, explaining its benefits, and offering thoughtful substitutions for those with dietary restrictions. Her practical tips and approachable teaching style made the session both informative and enjoyable. Chelsey was also kind enough to handout other recipes for employees to take with them. Those recipes are available on our Lunch & Learn page.

We hope you'll join us the next time we host this event. And be sure to keep an eye out for the upcoming "**Kickstart Your Metabolism**" program with Chelsey. The program continues to be one of our most popular and impactful wellness programs for employees.



healthy stats & facts

WebMD | Spring 2025

ANNUAL LUNG CANCER SCREENING

For those cigarette smokers or those who quit in the last 15-years ages 50 to 80

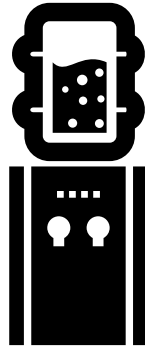
DAILY WATER CONSUMPTION

for Women & Men

51 and over

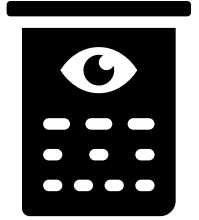
9 CUPS - WOMEN

13 CUPS - MEN



EYE EXAMS

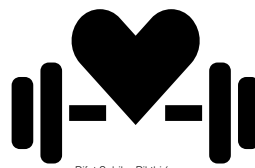
1 TO 3 YEARS recommended, If between the ages of 55 and 64 to get an exam



Ayub Irawan (noun project)

CHOLESTERAL CHECK

4 TO 6 YEARS recommended for healthy adults. Check with your physician for timeframe.



Rifat Sabiha Rikhi (noun project)

ADULT FITNESS

Moderate to high intensity exercises of resistance and weight training at least 2-DAYS/WEEK

IT'S ALL ABOUT THE FATS&ENERGY

Health Monitor Living | High Cholesterol | "The 4-1-1 on fats"

Clarifying what is being fed to everyone from diet plans to nutritional advice this information should help clarify on the different types of fats, how it impacts you cholesterol levels and making a heart-healthy eating plan.

a healthy diet. Fat provides energy to your cells, supports brain health, and helps the body absorb vitamins A, D, E, and K. Avoiding fats can disrupt your digestion, dry out skin and hair and cause a hormonal imbalance.

So what is fat? The macronutrient, along side carbohydrates and proteins, is one of three core parts of

There are three main types and they affect your body differently.

UNSATURATED FATS

- Found in plant foods and fish
- Monounsaturated and polyunsaturated fatty acids types
- Can improve cholesterol levels, higher HDL (good cholesterol) helping flush out LDL (bad cholesterol)

Top Sources: vegetable oils, olives, nuts, avocados, seeds, fish (i.e. salmon, tuna, anchovies)

Target: 20%-35% of total calories (65 grams) for someone who eats 2,000 calories/day (according to

Dietary Guidelines for Americans)

SATURATED FATS

- Solid at room temperature
- They prompt liver to produce more artery clogging, LDL and triglycerides

Top Sources: butter, cheese, ice cream and meat, as well as some plant-based foods like coconut and palm oil

Target: 5%-6% of daily calories (13 grams) for someone who eats 2,000 calories/day (according to Dietary Guidelines for Americans)

TRANS FATS

- Used in processed foods
- FDA banned in 2018
 - i.e. cake, cookies, chips, frozen pizza and margarine
- Worst type of fat
- FDA banned in 2018, although traces of it are still found in food
- Raises LDL and lowers HDL
- Best to eliminate

Top Sources: any processed foods that contain "partially hydrogenated" ingredients

Target: None!

REPOTTING PLANTS

Learn how to transfer plants to bigger pots

Costco Connection April 2026

Maggie Mah, a Master Gardener for the University of California says these are some signs that your plant needs to be transferred to a bigger pot...roots are dense forming a circle at the base of the pot, roots poking out of drainage holes and even the leaves may discolor or wilt despite having been watered.

When preparing a new pot, consider size, shape and material. The pot should also be clean (cleaning details below).

- **Size:** 2 inches in diameter bigger than the current pot. Root rot could occur if the pot is too big.
- **Shape:** For future repotting, the best choice is one that is wider at the top.
- **Material:** The material of the pot affects the drainage, price and weight.

FIVE STEPS FOR TRANSFERRING PLANTS

1. To help loosen roots, **WATER** your plant at least one hour prior to repotting. The potting soil may also need to be mixed with water.
2. **EXTRACT** the plant away from the pot by using a clean, thin, straight knife, cutting around the inner edges. This is similar to cutting a cake out of a pan. Be sure not to pull at the stem and gently put it on its side and massage it out.
3. While the plant is in hand, **LOOSEN** the root ball and root structure by massaging them and the soil, letting the dry clumps fall away. You can use a clean knife if the roots form a circle or are densely packed. Do this by making three or four shallow, vertical cuts to loosen and redirect growth. Be sure not to overdo it.
4. After you picked out a new pot and it is clean and ready to **REPOT**, it is suggested to put a coffee filter at the base of the pot to keep soil in place. Start filling the pot with soil, using the root length to help gauge how far to fill it. The root ball should be placed 1 to 1.5 inches from the rim of the pot. There should be enough added soil to fill the pot to the crown (where the foliage meets the roots).
5. Last but not least, Master Gardener Mah, be sure to water thoroughly until the water drips from the drainage holes. The plant should get acclimated prior to moving into sunlight.

CLEANING POTS

It's important to clean your pots before transplanting, as this protects against disease causing microorganisms. Master Gardener Mah says to soak and scrub using a solution made with one part bleach and nine parts water, depending on the material of the pot. If the pot is glazed or made of plastic, you can use this solution; however, if the pot is more of a porous material (i.e. terra-cotta pot) then soaking the pot for six to eight hours is recommended to help kill any lingering bacteria. Once clean, let the pot dry prior to transplanting.

WHAT PERSONIFY HEALTH HAS TO SAY...

GET TO KNOW YOU: Make space in your day to sit down, journal and reflect. Research shows that writing regularly can support emotional wellness and deepen your self-awareness. Try setting aside a page each night or first thing in the morning. As you build the habit, you may uncover new insights that strengthen your relationships and your connection with yourself.

GUIDED IMAGERY: Guided imagery is a relaxation technique that uses calming mental images to help settle the mind. Research shows it may help reduce symptoms of depression and anxiety. It can be practiced anytime, anywhere—simply picture a peaceful scene, such as a quiet lake. You can also use a counselor, an app, or an audio recording to guide the experience.

LOCAL EVENTS & ACTIVITIES

Find activities to do around the County. Click the links below. Also, be sure to visit the Employee Benefits website for our events.

Akron-Summit Public Library
services.akronlibrary.org/events

Akron/Summit Convention & Visitors Bureau
www.visitakron-summit.org/things-to-do/

Downtown Akron Partnership
www.downtownakron.com/calendar

Summit Metro Parks
www.summitmetroparks.org/ProgramsAndEvents.aspx

The best adventures often begin with a single step outside of the comfort zone. -unknown



Healthy Recipe
Pasta w/shrimp & spinach
 -Source: Costco Connection, February 2026

Serves: 4 servings

Ingredients and Measurements

- 1 lb dried pasta of choice
- 2 Tbsp olive oil
- 5 garlic cloves, minced
- 1 cup grape tomatoes, halved
- 1/3 cups heavy cream
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 lb raw shrimp, peeled & deveined
- 2 cups spinach, chopped
- 1/2 cup grated Parmesan

Cook pasta as directed on package, drain well.

Heat olive oil in pan over medium heat and add garlic, tomatoes, and saute for 2 to 3 minutes. Slowly whisk in lemon juice and cream to pan. Simmer sauce for 3 to 4 minutes. Add a sprinkle of salt and pepper. Turn shrimp over then cook for another 2 to 3 minutes.

Add the pasta and spinach to the pan, mixing into sauce. Cook for 2 to 3 minutes, until the sauce thickens and the spinach wilts. Move to a serving plate and sprinkle on Parmesan.

Submit your own recipe to the Wellness Team and we will include it in our newsletter for other County Employees to enjoy.

CONSTELLATION MEDLEY TOMATO & FETA SALAD

Costco Connection MAY 2025

Serves: 4 servings

Ingredients and Measurements

- 1/3 cup olive oil
- 1/4 cup balsamic vinegar
- 2 oz fresh basil, chopped
- 1/2 tsp salt
- 2 (10 oz pack) Medley Tomatoes, halved
- 6 oz pitted Kalamata olives
- 6 oz pitted green olives
- 1 medium red onion, diced
- 4 oz feta, cubed
- Pepper, to taste

Whisk together in a large bowl, olive oil, balsamic vinegar basil, and salt. Then add the Medley Tomatoes, olives, red onion and feta. Toss the salad to coat then add pepper to taste.

H&W EVENTS

Be sure to catch what we have coming up. The upcoming events include monthly Lunch & Learn's, live fitness classes, The Hiking Challenge, The Mindfulness Program, a Blood Drive, Kickstart your Metabolism Program, Mindfulness Monday's, the Akron Marathon Series, and so much more. Visit our website to learn more.



personify HEALTH™

HALFWAY THERE...

We are over halfway through the Personify Health Year. Continue accruing Points/Rewards. If you have not already done so, sign-up today to start earning Rewards and saving on medical expenses.

Enjoy the perks of our benefits, visit the Human Resources - Employee Benefits website.